

[illegible]

The intervertebral implant includes a substantially cylindrical body portion and a pair of radially extending tabs. The radially extending tabs may be provided as a single or double pair and may assume various shapes and configurations for engaging the interior of a bore formed between adjacent vertebrae. A throughbore or plurality of throughbores extend from the top surface of the implant to the bottom surface of the implant. The implant may be formed from a cortical ring cut from the diaphysis of a long bone by milling. Alternatively, the implant may be formed of any biocompatible material having the requisite strength requirements via any known process, i.e., molding. There is also disclosed a method of insertion of the implant including forming a stepped bore between adjacent vertebrae, inserting the implant between adjacent vertebrae with tabs in alignment with the spaced defined by the adjacent vertebrae and rotating the implant such that the tabs are rotated within an enlarged or stepped portion of the bore to secure it therein.